

Sharing Responsibility: List of T1D Tasks



Take a moment - as a team - to review this list of daily T1D tasks and acknowledge the impressive amount of work you do to manage T1D. Some of these tasks may be your responsibility, and some may be your child's. Some tasks may require a team effort and shared responsibility, and some may be tasks you're hoping to transition responsibility for as you prepare your child for adulthood.

Feel free to add additional tasks to this list as you need. Use this list as inspiration when discussing shifts in responsibility, or to identify areas of T1D management to review before your child moves out.

DAILY TASKS

- Meal planning
- Carb counting (at home)
- Carb counting (out as a family)
- Carb counting (out with friends)
- Checking blood sugars before meals
- Remembering to pre-bolus/inject before meals
- Giving injections
- Monitoring for highs and lows
- Managing corrections
- Treating lows

ADDITIONAL TASKS

- Managing sick days
- Stocking bags with supplies and sugar
- Cleaning up mess (test strips, etc.)
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DEVICES AND SUPPLIES

- Ordering prescriptions/supplies
- Picking up prescriptions/supplies
- Changing CGMs
- Changing pump sites
- Keeping devices charged

CLINIC APPOINTMENTS

- Asking questions at appointments
- Sharing challenges at appointments
- Booking appointments
- Booking blood work (done separately in adult clinics)

Remember to allow both yourself and your child to make mistakes and learn from them. This encourages them to come to you when something goes wrong, and keeps you engaged in their growth. Diabetes isn't a perfect science and there is no such thing as a 'perfect diabetic'.



Sharing Responsibility: Worksheet



Use this worksheet to collaboratively set a SMART Goal focused on transferring T1D task responsibility.

Select a T1D management task from the previous page that you have decided to focus on. Follow the remaining steps to make sure it is a SMART goal.

Write your initial goal here:

Specific - Why did you select this task as your goal? Who's involved in achieving this goal, and what resources will they need?

Measurable - how will you know that you've accomplished your goal? Is there a milestone moment you'll look out for, or some other metric? Make a note of your condition for completion here:

Achievable - Do you have the skills, resources, and support necessary to complete this goal? Write down the actionable steps you'll need to take, as well as any external support you may need:

Relevant - Why are you looking to pursue this goal? Use this space to consider how this goal supports broader goals and values:

Time Bound - Write down the date by which you want to have this goal accomplished. Include any timeline for check-ins along the way:

Make Your S.M.A.R.T. Goals Smarter

Evaluated - Hold regular check-ins to evaluate progress and adjust expectations.

Rewarding - Decide how you'll celebrate achieving your goal!!